

City of Delta Culture & Recreation

APRIL/MAY 2011 Activity Guide



Weekly Senior Programs

- **DUPLICATE BRIDGE** - Mondays from 12:30 to 4 PM. Cost: \$4/week.
- **PARTY BRIDGE** - Thursdays from 1 to 4 PM. Cost: \$6 per season.
- **TUESDAY NEEDLERS** - Tuesdays from 10 AM to Noon. Cost: \$6 per season.
- **PINOCHLE** - Tuesdays from 1 to 4 PM. Cost: \$6 per season.
- **CRIBBAGE** - Wednesdays from 8:30 to 11 AM. Cost: \$6 per season.
- **SCRABBLE** - Thursday from 10:00 AM - 1:00 PM or 6:00 PM - 9:00 PM. No charge.

YOUTH

- **CHESS CLUB** - Every Tuesday night meet in the snack bar from 6:00 - 9:00 PM. Bring your own boards.
- **ALIVE AT 25** - Four hours of classroom instruction from the Colorado State Patrol for ages 15-25 with a variety of dates available. Next classes are April 18 and May 1. Register on-line at www.aliveat25.us.
- **BOXING FOR KIDS** - Saturdays from 10:00 - 11:00 AM. Cost is \$3 drop in fee or monthly rate.
- **BIRTHDAY PARTY PACKAGES** - Swimming, Bump and Jump and simple games birthday party packages are offered at the Recreation Center. Call the Leisure Department for all the details.
- **EASTER "EGG STRAVAGANZA"** - Annual Easter event in the gymnasium for kids ages 2-10 on Saturday, April 23 from noon - 2:00 PM. Crafts, games, eggs to decorate, Easter egg hunt, Easter Bunny and more! Bring your own camera to take pictures or a professional photographer will be available for picture packages. Cost is \$3 per child if registered by 5:00 PM on April 22 or \$5 per child at the door. No swimming this year, the pool is closed for annual maintenance.
- **OUTDOOR HERITAGE DAYS** - Save the date for our 2nd Annual Outdoor Heritage Days on Saturday, June 11 from 9:00 AM - 3:00 PM. Confluence Park will be filled with outdoor sports and recreation exhibitors.
- **STAR PARTY** - Black Canyon Astronomical Society offers viewing of the stars through several telescopes and short presentations outside in Confluence Park. Friday, June 3 at 8:30 PM or Friday, July 8 at 8:00 PM. No charge but please register in advance.

LEISURE

- **COMMUNITY EVENING DANCES** - Saturdays, April 16 and May 21 from 7:00 - 10:00 PM. Cost is \$4 at the door.
- **AARP DRIVER'S SAFETY** - Now only a one day class! Monday, May 16 from 8:00 AM - 12:30 PM. Cost for AARP members is \$12, cost for non-members is \$14.
- **MEMORY QUILT** - Learn to make a memory quilt out of your old clothing or T-shirts on Mondays, May 9 - June 6 (excluding May 30) from 6:00 - 9:00 PM. Cost is \$30. Pick up a supply list at registration.
- **BEGINNING KNITTING** - Learn to knit or refresh your skills starting Thursday, June 16 (3 weeks) from 9:00 AM - noon. Cost is \$35. Pick up a supply list at registration.
- **DOG AGILITY** - Training your dog to go through tunnels, hoops and jumps on command. Must have basic obedience skills. Tuesdays, May 10 - 31 from 7:30 - 8:15 PM. Cost is \$40.
- **DOG OBEDIENCE CLASS** - Six week day class being offered at Confluence Park on June 1 - July 6 from 9:30 - 10:30 AM. Cost is \$50
- **JOY OF PAINTING "MAKE IT TAKE IT" BOB ROSS CLASS** - Learn floral and landscape techniques. **Wednesday class** (12:00 - 5:00 PM), April 20 floral; May 4 or May 11 landscape. **Saturday class** (9:00 AM - 3:00 PM), April 23, April 30 and May 7 landscape; May 21 floral. Cost for landscape class is \$70 per class. Cost for floral class is \$90. Register 3 days prior to each class.
- **SPRING INTO SHAPE 5K** - Saturday, April 16. Race starts at 9:30 AM in Confluence Park. Registration can still be taken day of race at 8:30 AM. Call for final details

- **HANDGUN SAFETY CLASS** - New session set up for Saturday, May 14 from 9:00 AM - 4:00 PM. Cost is \$50.
- **BASIC SWING LESSONS** - Learn the basic Charleston, lifts and dips with modifications on Thursdays, April 21 - May 5 from 6:30 - 7:45 PM. Cost is \$45 per couple or \$20 per couple drop-in. Must meet minimum numbers. Registration deadline is April 18.
- **PHOTOGRAPHY BASICS** - Basic class on elements and techniques of photography. Learn to control your camera to get the best photos on Saturdays, May 14 and 21 from 9:00 AM - noon. Cost is \$25.
- **ESCALANTE CANYON GENTLE FLOAT TRIP** - Gentle trip down the Gunnison River from Escalante Canyon to Dominguez Canyon with scenic hike to Indian Petroglyphs. Five dates available: Saturday, June 18, Sunday, July 3, Saturdays, July 16, July 30 or August 13 from 8:30 AM - 4:00 PM. Meeting at Escalante Bridge and carpooling to take out. Cost is \$80 per person which includes lunch. Please register 3 days prior to each trip.
- **DELTA TO ESCALANTE GENTLE FLOAT TRIP** - Gentle trip starts in Delta at Confluence Park and floats the Gunnison River to Escalante Canyon on Saturdays May 28, July 2 and August 6 from 8:30 AM - 4:00 PM. Cost is \$80 per person which includes lunch. Please register 3 days prior to each trip.
- **CANYONLANDS BY NIGHT BOAT TOUR** - Overnight trip to Moab on Thursday, June 2 and return on Friday, June 3. Cost is \$190 which includes transportation, picnic lunch, dinner, boat tour and motel. Register by May 27.

SPORTS

- **FAMILY NIGHTS** - Saturdays from 5:30 - 8:00 PM. Cost is \$8 per family. Family size includes up to 2 adults and 4 children at same household.
- **START SMART TENNIS** - Developmentally appropriate introductory tennis program for children 5-7 years old with parent participation. Saturday, May 21 (six weeks) at 10:00 AM at Confluence Tennis Courts. Cost is \$40.
- **HERSHEY'S TRACK MEET** - For boys and girls ages 9-14 (age as of December 31, 2011). This year's meet will be held at the Hotchkiss High School track on Tuesday, June 7. Register at 8:30 AM in Hotchkiss. No charge. A copy of birth certificate is required at registration.
- **ROCKIES SKILL CHALLENGE** - For boys and girls ages 6-13 (age as of December 31, 2011) held at Confluence Community Fields on Wednesday, June 15. Registration at 10:00 AM. No charge. A copy of birth certificate is required at registration.

AQUATICS

- **OPEN SWIM** - Monday - Friday starting at 1:00 PM, Saturday starts at 10:00 AM and Sunday starts at noon.
- **COMMUNITY CPR/FIRST AID** - Saturday, May 21 from 8:00 AM - 5:00 PM. Cost is \$60.

Limited lap lanes in morning due to Water Fitness Classes.
Barracuda Swim Team practices in 1 or 2 lap lanes from 4:00 - 6:00 PM.
Please see Spring Pool Schedule posted at Recreation Center front desk for designated times.

FITNESS CLASSES APRIL 2011

MONDAY

- **Cycle and Abs + with Kiffany**
6:00 - 7:00 am
- **Cardio Intervals with Weights and Core with Cristie**
9:00 - 10:15 am
- **Yogalates + with Cristie**
12:00 - 1:00 pm
- **Senior Circuit with Gary in Weight Rm.**
2:00 - 3:00 pm
- **Zumba with Kindra**
4:30 - 5:25 pm
- **Cardio Kick with Kindra**
5:30 - 6:30 pm



THURSDAY

- **Body Bar & Abs with Amberleigh**
9:00 - 9:45 am
- **Healthy Body, Strong Bones with Billie in Gym**
9:00 - 10:00 am
- **Silver Sneakers MSROM with Gary in Gym**
10:00 - 10:45 am
- **Zumba with Erin**
10:00 - 11:00 am
- **Cycle & Abs with Candace in Cycle Rm.**
12:15 - 1:00 pm
- **Senior Circuit with Gary in Weight Rm.**
2:00 - 3:00 pm
- **Total Body Blitz with Betsy**
4:30 - 5:25 pm
- **Body Bar + with Gena**
5:30 - 6:30 pm

TUESDAY

- **Body Bar & Abs with Candace**
9:00 - 9:45 am
- **Healthy Body, Strong Bones with Billie in Gym**
9:00 - 10:00 am
- **Silver Sneakers MSROM with Gary in Gym**
10:00 - 10:45 am
- **Zumba with Cristie**
10:00 - 11:00 am
- **Cycle & Abs with Candace in Cycle Rm.**
12:15 - 1:00 pm
- **Body Bar + with Betsy**
4:30 - 5:25 pm
- **Total Body Blitz with Erin**
5:30 - 6:30 pm

FRIDAY

- **Boxing for Fitness with Kiffany**
6:00 - 7:00 am
- **Yogalates with Cristie**
9:00 - 9:45 am
- **Senior Circuit with Gary in Weight Rm.**
9:00 - 10:00 am
- **Zumba with Cristie and Erin**
12:00 - 1:00 pm
- **Zumba with Gena**
5:30 - 6:30 pm



* Any class with 5 or less in attendance for 3 consecutive weeks may/will be dropped.

WEDNESDAY

- **Morning Ride with Candace**
5:30 - 6:00 am
- **Weights & Stretch with Candace**
6:00 - 7:00 am
- **Senior Circuit with Gary in Weight Rm.**
9:00 - 10:00 am
- **Triple Threat Cardio, Core & Crazy Strength with Cristie**
9:00 - 10:15 am
- **Zumba with Kindra**
12:00 - 1:00 pm
- **Yogalates with Betsy**
4:30 - 5:25 pm
- **Cycle and Abs w/ Amberleigh in Cycle Rm**
5:30 - 6:30 pm
- **Zumba with Erin**
5:30 - 6:30 pm

SATURDAY

- **Cardio Blast with Amberleigh/Betsy and Gena**
9:00 - 9:45 am

Tai Chi/Qigong for Health and Longevity*

Mondays, from 7:00 - 8:30 PM.
\$40 Monthly charge or \$12 drop in fee.
Must meet minimum to run class...call ahead to see if session is running.

Tae Kwon Do
Tuesdays and Thursdays from 6:45 - 8:00 PM
\$30 Monthly or \$5 Drop in Fee.
Hatha Yoga
Wednesdays from 4:30 - 5:45 PM
Cost is \$10 drop in fee

- **SUMMER SWIM LESSONS** - Registration is going on now for all summer swim lessons offered in June, July and August. Day or evening sessions.

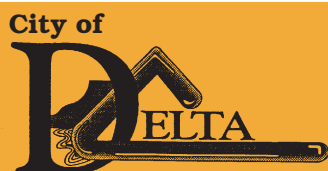
BHRC Aquatics Pool and Locker Room Closure!
Annual maintenance April 18 - April 23.
(BHRC closed Sunday, April 24 for Easter)
The rest of the facility will be open for regular usage
Call for updates!

Discover Water Fitness for Your Body, Your Health, Your Life!

Mon., Wed., Fri.
8:30 AM Cardio Crazy
9:30 AM Splashrobics

Tues., Thurs.
9:00 AM Deep Benefits
10:00 AM Life-N-Lively
5:30 PM Deep Benefits

Sat.
9:00 AM Deep Benefits
Mon. - Fri.
10:30 AM Body, Health for Life



Bill Heddles Recreation Center
530 Gunnison River Drive • Delta, CO 81416
970.874.0923

HOURS OF OPERATION

Monday-Thursday	5:30am - 9:30pm
Friday	5:30am - 7:30pm
Saturday	8:00am - 8:00pm
Sunday	11:00am - 5:00pm